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## FITNESS GETS MAZZ-IVE

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PROVIDED

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# FOR ZION OUT LOUD!



Knicks' misery continues as the team lost out on landing Duke's Zion Williamson, falling to third in Tuesday's NBA Draft Lottery. 16

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THINGS  
TO  
KNOW

The legendary comedic actor was famous for his golf character Dorf.

Emmy-winning actor Tim Conway, who brought an endearing, free-wheeling goofiness to skits on "The Carol Burnett Show" that cracked up his cast mates as well as the audience, died on Tuesday at the age of 85, his publicist said.

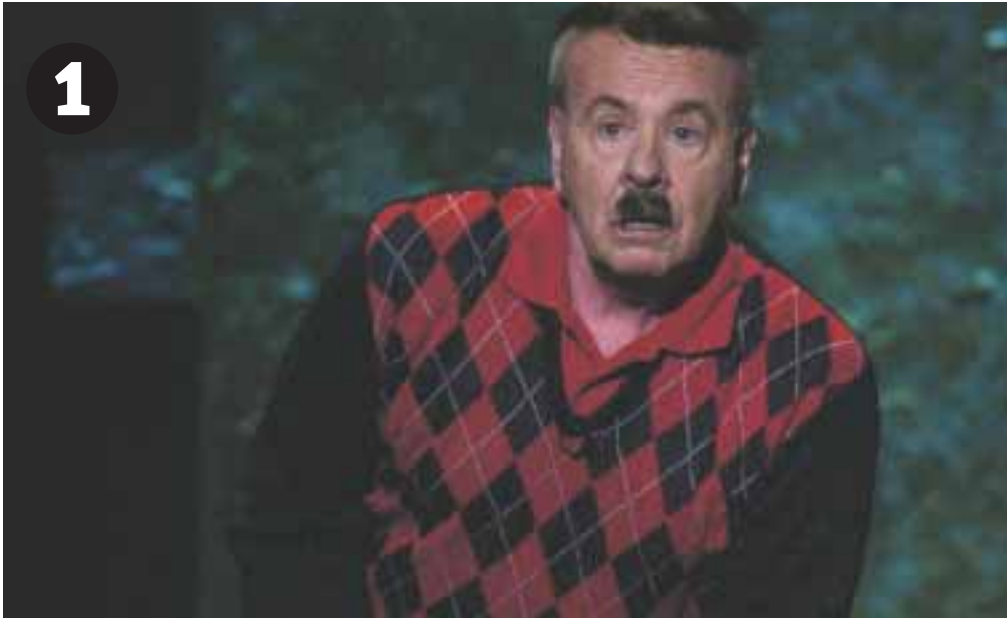
Publicist Howard Bragman said Conway died in the Los Angeles area on Tuesday morning. Prior to his death, he had suffered complications from normal pressure hydrocephalus (NPH) and had no signs of dementia or Alzheimer's, Bragman said.

Conway won three Emmy awards for acting on the Burnett show and a fourth as a writer in the 1960s and '70s. He also won guest actor Emmys for a 1996 appearance on "Coach" and another in 2008 for "30 Rock."

Conway first found television fame on the 1960s comedy "McHale's Navy" playing Ensign Parker, a befuddled by-the-book officer in a group of unconventional sailors in the Pacific during World War II.

He would find greater success in the comedy sketches on Burnett's show starting in 1968. He was at his best with

# Actor Tim Conway of 'The Carol Burnett Show' dies at age 85



Tim Conway as Dorf during the 5th Annual Kennedy Center Mark Twain Prize Celebrating Bob Newhart, in 2002.

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**"People have often asked me, 'If you weren't in show business, what would you be doing?'"**

Tim Conway, in his memoir

ing. His improvised antics often reduced his co-stars — especially his close friend Korman — to tears of laughter.

"I think Conway's goal in life was to destroy Harvey," Burnett told the Television Academy Foundation.

## DANGEROUS DENTIST

In one popular skit, Conway's portrayal of an inept dentist who acciden-

tally injects himself with painkiller resulted in Korman, who was playing the patient, laughing so hard that he wet his pants, Burnett said.

Conway's other most memorable recurring characters included an elderly man whose shuffling pace always caused trouble and Mr. Tudball, a businessman plagued by an indifferent and inept secretary played by

Burnett.

Conway started on the show as a guest star in its first season in 1967 but did not officially become a regular until 1975.

"People have often asked me, 'If you weren't in show business, what would you be doing?'" Conway wrote in his memoir "What's So Funny?: My Hilarious Life." "The truth is I don't think there's anything else I could be doing, so the answer would have to be, nothing. ... I guess you could say I'm in the only business I could be in."

His popularity on the Burnett program led to his own shows — a sit-

com in 1970 and a variety show in 1980 — and they lasted about a year each. He said they failed because he was not comfortable being the star.

Before Korman's death in 2008 he and Conway toured with an act that featured stand-up comedy, recreations of their better-known skits and question-and-answer sessions with the audience.

His movie work included "The World's Greatest Athlete" in 1973, "The Apple Dumpling Gang" in 1975, "The Shaggy D.A." in 1976, "The Prize Fighter" in 1979 and "Private Eyes" in 1980.

Conway also starred in the "Dorf" series of short videos as a sawed-off golf instructor, borrowing the accent his Mr. Tudball character used. He said Dorf was one of his favorite characters.

Conway, who was born on Dec. 15, 1933, grew up near Cleveland and after serving in the Army worked in Cleveland radio and developed comedy routines. Actress Rose Marie, a co-star on "The Dick Van Dyke Show," liked his work and helped him get a regular spot on "The Steve Allen Show" in the early 1960s. REUTERS

Correction: In Metro's May 14 edition, technical issues printed incorrect dates throughout the edition. We apologize for the error.

## RBG gets 'best fight' MTV Movie Award nod

2 U.S. Supreme Court Justice Ruth Bader Ginsburg scored nominations on Tuesday for the 2019 MTV Movie & TV Awards, where she will compete for top honors with blockbuster offerings "Game of Thrones" and "Avengers: Endgame." The diminutive liberal justice, 86, got four nods at the youth-oriented awards show, including "best fight" and "best real-life hero" courtesy of the 2018 documentary "RBG"

that chronicled her legal legacy and rise to become an unexpected pop culture icon, especially among women. The MTV Movie & TV Awards usually focus on crowd-pleasing movies and TV shows and have become an irreverent antidote to the winter Hollywood awards season, which honors more serious fare. Winners are chosen by fans voting online and will be announced at a ceremony airing on June 17. REUTERS

## Tiger: Death of former employee a 'terrible ending'

3 Tiger Woods, who is being sued by the parents of a drunken driver who died in a car crash last year after working at the golfer's restaurant, on Tuesday called the former employee's death a "terrible ending." The lawsuit, filed in Palm Beach County on Monday, says employees, managers and owners of The Woods Jupiter allowed Nicholas Immesberger to be overserved after his bartending shift ended, even though they were aware

of his alcoholism. Woods, who is in Farmingdale, New York, for this week's PGA Championship, was named in the lawsuit along with his girlfriend Erica Herman, who is the general manager at the former world No. 1's flagship restaurant in Jupiter, Florida. It was not clear if Woods or Herman were at the restaurant on the day of the accident but the lawsuit alleges the pair were drinking with Immesberger a few nights before the fatal crash. REUTERS

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## NEWS

# Weiner released from Bronx halfway house, now a free man

"Carlos Danger" is out of the clink.



NATE HOMAN  
letters@metro.us

Carlos Danger, better known to the world as the former Congressman Anthony Weiner, was discharged from a Bronx halfway house on Tuesday after finishing the last of his prison sentence for sexting an underage girl.

"It's good to be out," Weiner told the New York Post. "I hope to be able to live a life of integrity and service. I'm glad this chapter of my life is behind me."

The seven-term congressman who ran unsuccessfully several times for New York City mayor was sentenced to 21-month in prison for having il-



GETTY IMAGES

licit online contact with a 15-year-old girl in North Carolina in 2017.

Weiner was released from the Federal Medical

Center in Devens, Mass. in February.

Weiner, a Level 1 sex offender, must register for a minimum of 20

years with local authorities. He is required to verify his address every year and visit a police station every three years

to have a new picture taken.

Level 1 sex offenders are considered to have a low risk of reoffending.

Weiner's embarrassing downfall began in May 2011 after he tweeted a graphic picture of himself in his underwear. His 2013 mayoral campaign imploded after it was revealed he had sexted a woman named Sydney Leathers under the pseudonym 'Carlos Danger.' Prosecutors said Weiner knew the girl was a minor and "asked her to engage in sexually explicit conduct via Skype and Snapchat," according to the New York Daily News.

The FBI confiscated Weiner's laptop, and discovered emails that coincided with a separate investigation into then-presidential candidate Hillary Clinton's private email server investiga-

**"[Weiner] asked her to engage in sexually explicit conduct via Skype and Snapchat."**

New York Daily News

tion, as his ex-wife was a Clinton aid. The discovery caused then-FBI head James Comey to reopen the Clinton inquiry less than two weeks before the 2016 election, which Clinton said was a major factor in her loss to Donald Trump.

Last month, the New York Post reported that Weiner was looking to score a book deal, but was not having much success.

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# Doctors Urge Knee Pain Sufferers

## “Don’t Get ANY Surgery Until You See This...”

*After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed*

**NEW YORK CITY** - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

**Here is why:** Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

**That’s the bad news.**

**Now for some good news...**

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

### **The Treatment Formula**

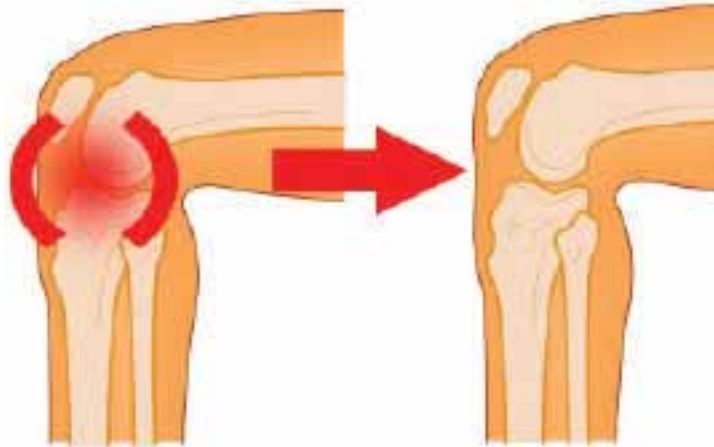
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated ) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



*NYC Pain MD* “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

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- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

*NYC Pain MD* has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

**The second thing you must know is...** our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

### **Here’s What You Should Do Next**

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

**The best thing is...** you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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# Six historic LGBTQ sites may become NYC landmarks

The Stonewall uprising's 50th anniversary is in June.

MICHELLE COHEN,  
65QFT  
letters@metro.us

The city's Landmarks Preservation Commission voted on Tuesday to calendar six individual sites related to the history of the lesbian, gay, bisexual and transgender (LGBT) community in New York City. The proposed landmarks highlight both groups and individuals who have advanced the LGBT rights movement by providing structure for community and political support, as well as raising public awareness. The commission's decision to calendar the sites comes ahead of next month's 50th anniversary of the Stonewall uprising and NYC's annual Pride celebration. LPC Chair Sarah Carroll said on Tuesday a public hearing to discuss the sites will be held June 4.

The calendared sites include the Gay Activists Alliance Firehouse at 99 Wooster St., the Women's Liberation Center at 243 West 20th St., the Lesbian, Gay, Bisexual & Transgender Community Center at 208 West 13th St., Caffè Cino at 31 Cornelia St., a home owned by James Baldwin at 137 West 71st St. in Manhattan and the Staten Island home Audre Lorde Residence at 207 St. Paul's

Ave. in Staten Island.

The sites were proposed for landmark status based on recommendations by the NYC LGBT Historic Sites Project in a February meeting with the commission and a representative from the City Council Speaker Corey Johnson's office.

"We're immensely proud of our work and pleased that it could be used by the Commission to establish the significance of these six sites, which we hope represent the beginning of continued recognition of LGBT sites as significant to New York City and American history," said Ken Lustbader, co-director of the NYC LGBT Historic Sites Project.

The Historic Sites Project is the first initiative to document historic and cultural sites associated with the lesbian, gay, bisexual, and transgender community in the five boroughs. The ongoing project is working to continuously add sites from between the city's founding in the 17th century to the year 2000 that reflect the LGBT community's ethnic and geographic diversity. The organization is also nominating sites to the National Register of Historic Places for their significance to LGBT history or amending existing nominations to reflect this history.

*This story was provided to Metro through an agreement with 6sqft, and has been edited for brevity.*



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# US-China tariff war 'a little squabble,' Trump says, adds talks still ongoing

The president remained confident a trade deal will happen.

President Donald Trump insisted on Tuesday that trade talks with China have not collapsed and called the widening U.S.-China tariff war "a little squabble," even as his administration readies 25 percent duties on all remaining Chinese imports.

Expanding on a stream of optimistic early-morning tweets about the state of talks, Trump told reporters that he has a "very good dialogue" going with China and touted his "extraordinary" relationship with Chinese President Xi Jinping.

"We have a dialogue going. It will always continue," Trump said. "But we made a deal with

China. ... We had a deal that was very close but then they broke it. They really did."

Trump appeared to downplay the scope of the trade war, which could lead to tariffs this summer on all trade between the world's two largest economies, raising costs and disrupting supply chains across the globe.

"We're having a little squabble with China because we've been treated very unfairly for many, many decades," Trump said, referring to U.S. complaints about Chinese intellectual property and subsidy practices.

Stocks, which took a beating Monday after Trump late Friday threatened a new round of tariffs on about \$300 billion worth of remaining imports from China, gained strength after Trump's

comments, with the tech-driven Nasdaq up 1.47 percent in midday trade.

The Dow Jones Industrial average was up 1.28 percent while the broader S&P 500 was up 1.3 percent.

Trump earlier tweeted that a deal would happen and appealed to China to buy U.S. farm products.

"When the time is right we will make a deal with China," Trump said. "It will all happen, and much faster than people think!"

"Hopefully China will do us the honor of continuing to buy our great farm product, the best, but if not your Country will be making up the difference," he wrote in a post addressing U.S. farmers directly.

Trump on Monday said that his administration was planning to provide about \$15 billion in aid to



China President Xi and U.S. President Donald Trump. REUTERS

help U.S. farmers whose products were targeted by Chinese retaliatory tariffs. He declined to provide details on the plan, which follows \$12 billion in U.S. farm aid last year.

Soybeans, the most valuable U.S. crop, bounced off a decade low on Tuesday as the market's focus shift-

ed to planting delays due to poor weather, which could reduce crop size. Some analysts said the worst of the trade news is already priced in the market.

#### TARIFFS IN HAND

Trump also said that he expected to meet with Chinese President Xi Jin-

ping at a G20 leaders summit in Japan in late June.

Based on an accelerated schedule laid out by the USTR office late on Monday, Trump will be in a position to launch 25 percent tariffs on another \$300 billion worth of Chinese goods when he meets with Xi, adding potential leverage. REUTERS



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# Warren rejects town hall on 'hate-for-profit' Fox News

Democratic presidential candidate Elizabeth Warren on Tuesday said she was refusing an invitation to participate in a town hall organized by Fox News, calling the American cable news network popular with conservatives "a hate-for-profit racket."

Warren, a U.S. senator from Massachusetts, explained in a series of Twitter posts that such an event would help Fox News burnish its reputation as a legitimate news organization and expand its audience for advertising purposes.

"Fox News is a hate-for-profit racket that gives a megaphone to racists and conspiracists," she wrote on Twitter, calling her decision a way to fight back against its right-leaning agenda.

Her position contrasts with other Democratic presidential contenders, including some leading her in early opinion polls. Fox News has already broadcast town halls with



REUTERS

Democratic Sens. Bernie Sanders of Vermont and Amy Klobuchar of Minnesota. Similar events are scheduled with Mayor Pete Buttigieg of South Bend, Indiana, and Sen. Kirsten Gillibrand of New York.

A representative for Fox News did not immediately respond to a request for comment.

With more than 20 Democrats vying for the party's nomination to take on Republican President Donald Trump, the candidates going on the cable news channel seek in part to showcase their appeal across party lines.

However, none of the

12 official nominating contest debates hosted by the Democratic National Committee will be broadcast on Fox News because Chairman Tom Perez said it has an "inappropriate relationship" with the Trump administration.

Warren's position could help win her points among Democratic voters in the primary contest. But she risks alienating Fox News' large audience in a general election — especially the white, working-class voters who shifted to Trump after previously voting for Democratic President Barack Obama. REUTERS

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NEWS

METRO.US  
WEDNESDAY, MAY 15, 2019

# Two missing in Alaskan waters after tour planes crash

Water temperatures were listed at less than 50 degrees.

Rescue teams were searching the waters of south-east Alaska for two passengers missing after a pair of sightseeing planes crashed in midair, killing at least four people, the U.S. Coast Guard said on Tuesday.

The two missing people, an Australian and a Canadian, were among 14 passengers from a Princess Cruises ship who boarded two seaplanes operated by separate tour companies in the town of Ketchikan, the cruise line said. No further information about the missing was made available.

Ten people survived but were injured in the collision, which took place over open water during daylight hours on Monday, the Coast Guard



said. At least four, including one of the pilots, were killed. The victims were not immediately identified.

The water temperature off Ketchikan on Tuesday was 48 degrees Fahrenheit, according to the National Weather Service. Expected survival time in 40- to 50-degree (4-10C) water is one to three hours, according to the United States Search & Rescue Task Force website.

"At this point there is a variety of factors that go into survivability," Coast Guard Chief Petty Officer Matthew Schofield said.

"But the reality is that Alaskan waters are very cold."

Tuesday's search for the two missing passengers involved a Coast Guard helicopter, a flotilla of boats and teams from the U.S. Forest Service, U.S. Fish and Wildlife Service, Ketchikan Fire Department and other rescue units, Schofield said.

The effort will continue "until we have exhausted all chance of finding anybody," he said.

All of the planes' passengers arrived in Ketchikan on the cruise ship Royal Princess during a

seven-day trip between Vancouver and Anchorage, Princess Cruises said.

Ten passengers and a pilot were aboard one float plane, a de Havilland Otter DHC-3, operated by Taquan Air. Four passengers and a pilot were aboard the second float plane, a de Havilland DHC-2 Beaver, run by Mountain Air Service of Ketchikan.

The crash site, at Coon Cove about 300 miles south of Alaska's capital, Juneau, lies near a tourist lodge that runs excursions to the nearby Misty Fjords National Monument.

Ketchikan-based Taquan Air said the plane was returning from a sightseeing tour of Misty Fjords when the crash occurred.

The National Transportation Safety Board sent a team of at least 10 people headed by lead investigator Aaron Sauer, said NTSB spokesman Keith Holloway. REUTERS

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# Trump Jr. agrees to Senate committee interview

Donald Trump Jr. has reached an agreement with the U.S. Senate Intelligence Committee for the panel's senators to interview him in mid-June, a congressional source familiar with the matter told Reuters on Tuesday.

The closed-door appearance could cover a broad array of topics, the source said. These could include what Trump Jr. knows about a Trump Tower project in Moscow and about a June 2016 Trump Tower meeting between Trump Jr., Trump campaign adviser Paul Manafort, President Donald Trump's son-in-law Jared Kushner and a Russian lawyer, the source said.

The agreement for Trump Jr.'s appearance was first reported by The New York Times.

The source disputed news reports suggesting the questioning would be limited to five or



REUTERS

six topics pertaining to Trump Jr.'s communications with Russian officials.

A committee spokesperson declined to comment. A lawyer for Trump Jr. did not immediately respond to a request for comment.

The panel had subpoenaed Trump Jr. to appear before the committee, two congressional sources said last week.

Senators want to question him about testimony he gave to the Senate Judiciary Com-

mittee in September 2017, which was subsequently contradicted by Michael Cohen, Trump's former lawyer who started his prison sentence this month in part for lying to Congress.

Led by Republican chairman Richard Burr, the intelligence panel is the only committee in the Republican-controlled Senate that has been conducting a bipartisan investigation into allegations of Russian interference in U.S. politics.

The reported subpoena prompted sharp rebukes from some of Trump's staunchest defenders within the party as Republicans sought to move on from a two-year investigation into Russian interference in the 2016 presidential election by U.S. Special Counsel Robert Mueller, whose findings were released in part last month. REUTERS

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	5				7			
	1	4		3			5	6
				7	8		2	5
	7		1		4		8	
6	9		3	5				
5	8			4		2	6	
			8				7	
4		2	7			3	9	

MEDIUM

	9		1					
		5		6	9	2		4
			7	3	2			
	4						7	5
		2		1		8		
6	3						9	
			3	7	4			
5		7	6	2		4		
					1		6	

HARD

1	5	9						8
6				1	8			
			9			3		6
				3			6	7
		1				5		
3	9			5				
8		4			6			
			7	4				3
7						9	4	2

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— Kristin, Metro New York reader



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**Aries** Emotions will surface when dealing with partnership issues. Whether at work or at home, be careful what you say. Your actions will speak louder than words and bring the best returns.



**Taurus** Speak up and take charge. When it comes to negotiations or joint ventures, you are best off going solo and bartering on your own behalf. Steady progress will lead to victory.



**Gemini** Offering too much of your time, energy or expertise will slow you down. You'll do much better working alone. Relax with someone you feel comfortable being around.



**Cancer** Don't get all worked up over nothing. You have more going for you than you realize, and if you stay focused on what's important, much can be accomplished.



**Leo** Gravitate toward what's doable. If you try to please everyone, you will end up saddled with other people's responsibilities. Offer suggestions and get back on track.



**Virgo** Don't let someone's behavior cause you to miss out on something. Walk away from drama and anyone looking for an argument. Reach out to the people who support and believe in you.



**Libra** Take care of your responsibilities early in the day. A day trip or educational pursuit will encourage you to make a change. A new opportunity looks inviting.



**Scorpio** It's up to you to bring about change. Don't waste time. Create a strategy that will encourage collaboration with people who are as talented and ambitious as you are.



**Sagittarius** Align yourself with visionary people who share your beliefs. An opportunity will lead to a partnership with someone unique, but you must do some research before you jump in with both feet.



**Capricorn** You have plenty to gain if you can keep your emotions from interfering. Stick close to home and make alterations that are personal and conducive to comfort.



**Aquarius** Helping others will make you feel good, but before you invest your time in someone else, make sure the recipient is worth your time and effort. A physical challenge will help ease stress.



**Pisces** You have plenty to gain if you stay focused on what's important. Don't let anyone sidetrack you or entice you to be indulgent or to get involved in something that isn't beneficial. EUGENIA LAST



## LIFESTYLE

Ainsworth restaurants creator and fitness celeb Brian Mazza is hosting a three-day wellness retreat this weekend.



JEFF TOMKO  
jeff.tomko@metro.us

Years of experience in the erratic food and beverage industry taught Brian Mazza an important lesson: You don't necessarily need a large contingency to pull off a grand-scale event.

The restaurant titan is keeping his newest fitness venture, High-Performance Lifestyle Training (HPLT), at a minimum — sort of — by capping this weekend's HPLT retreat — a mix of meditation, muscle and mind expansion — at 30 fitness enthusiasts.

But for fitness star power, Mazza shot for the stars and landed one of

the most sought-after motivational speakers in the country, Navy SEAL and ultramarathoner David Goggins, to headline the event.

"I wanted to get someone that I follow, someone who has helped me with motivation, get through days I wanted to give up or don't want to fight hard," Mazza says. "That was David Goggins."

Mazza's built a multi-million-dollar restaurant empire with his successful and popular Ainsworth restaurants, but this weekend will be about sun salutations atop the Empire State Building, along with the nearly three dozen like-minded workout warriors — from college students to CEOs to pro athletes — who shelled out \$2,500 for the event. "They're a total mix of people willing to invest in themselves," he says.

A former college soccer star, the 34-year-old has been featured in most fitness magazines, including the cover of Men's Health in 2017, in part for his



PROVIDED

well-documented workout regimen.

The retreat will also serve as the fitness and wellness brand's official launch, according to Mazza, which has plans to expand to online fitness coaching, a brick-and-mortar facility in the city, as well as HPLT gear.

Mazza's idea for HPLT, he says, is to reinforce a message that positive habits, people and mindset are the recipe for continued

growth and a healthy life.

"It's not just about fitness. It's about aligning yourself and putting yourself in positions to win," Mazza says. "It's about doing all the small things that get small wins that ultimately lead to huge victories."

The weekend retreat is more than just yoga and high-intensity workouts ("But there will be plenty of physical challenges," Mazza says). HPLT will host

a fitness who's who panel discussion at the Ainsworth in Chelsea (which, separate from the retreat, is available to 200 people — tickets can still be purchased at hpltraining.com) that includes former NFL wide receiver and Purple Heart recipient Daniel Rodriguez, former NFL safety and fitness trainer Omar Bolden, CNN host and anchor Brooke Baldwin, serial wellness entrepreneur Amanda Freeman, Performix House trainer Devon Levesque, Women's Health editor in chief Liz Plosser, Juice Press Founder Marcus Antebi, and pro lacrosse superstar Rob Pannell.

But turning HPLT from event to fitnesspalooza was the addition of Goggins to the panel, who will not only be Saturday's keynote speaker, but will lead the 30 retreat members on a run over the Brooklyn Bridge following the discussion.

Goggins, the author of "Can't Hurt Me," is the only U.S. Armed Forces member to ever complete SEAL training, Army and Air Force Tactical Air Controller training. Goggins has also completed 60 ultramarathons (including one in which he broke every small bone in both feet and suffered stress fractures in both legs), triathlons, and ultra-triathlons, and once

held the Guinness World Record for pull-ups, completing 4,030 in 17 hours.

"We poured our heart and soul into this to make this event as special as we could, and obviously to hear David speak, he's such an epic human being," Mazza says. "But I'm most excited for the 30 people trusting me to put on a really awesome event for them."



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# Curb your cravings at work with these healthy hacks

While carving out time to hit the gym after work can be difficult for many, here are some ways that you can curb your snack cravings at the office.

## Stay hydrated

While staying hydrated is good advice for anyone, no matter what, getting enough water during the workday can also help you to not reach for those snacks that Eric left in the breakroom for everybody to enjoy. Thanks a lot, Eric.

In fact, according to a study performed by the medical database of the National Institutes of Health, PubMed Central, people who drink two glasses of water immediately before a meal eat 22 percent less than those who don't drink any water. After all, when you are constantly drinking water you will become full from all of the liquid in your body.

So if you are looking to change your eating habits to lose a little weight for the summer, upping your hydration levels can help quite a bit. In fact, you don't always have to stick with water. Both tea and coffee, with no sugar, in moderation, are healthy ways to curb your appetite while hydrating. Pro tip: Make a game out of it! Take a piece of paper and make a check for every glass of water (or whatever) you have during the day until you reach your goal.

## Keep a toothbrush and toothpaste at your desk

For the longest time, I have been seeing someone go into the bathroom on my office floor simply to brush his teeth. It perplexed me at first, and then I began to realize that this person had been going to do this at around 2 p.m. every single day. It was like clockwork! I started



GETTY IMAGES

to think maybe he is doing this after lunch so he won't be tempted to snack more after he has cleansed his pearly whites.

I figured I would follow his lead. So, shortly after, I bought a toothbrush and some toothpaste and made sure to keep it in my

desk drawer next to all of the plastic silverware and K-cups I've hoarded for when the office supply dwindles. Sure enough, brushing my teeth after lunch supremely cut down on the amount of snacking I would do during those last dragging hours of the workday. There

must be some sort of explanation for this hack?

While there is no science to support the theory that brushing your teeth after eating will help curb your cravings, what it will do is make everything you eat directly after brushing your teeth taste a

little off. It may also trick your brain into associating the feasting part of the day with being officially over.

## Redefine your definition of "crunchy foods"

If you really can't keep away from eating crunchy snacks throughout the day, that is totally understandable. But, instead of eating tiny 100-calorie bags of chips in the vending machine, consider bringing in your own supply of healthy crunchy snacks, like carrots and celery. These are both low-calorie options that will provide a guilt-free way for you to escape into your snack-induced zen space.

To go the extra mile, if you have an air-fryer at home, you can also make your own crunchy kale chips that will provide a healthy, chip-like snack to get you through the day.

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## SPORTS

Pelicans defy the odds, jump up to top spot to nab rights to Zion Williamson.



JOE PANTORNO  
joseph.pantorno@metro.us

It looks like Zion Williamson will be headed to the Big Easy.

The New Orleans Pelicans will be choosing first at the 2019 NBA Draft after winning the top pick in the selection process's lottery on Tuesday night in Chicago. They had just a 6 percent chance to win the pick.

It is the first time since 2012 that the team has been awarded the first pick. They selected Anthony Davis out of Kentucky.

They now have a clear path at drafting Duke su-

perstar Williamson, who electrified the college basketball world during his freshman campaign with the Blue Devils.

The 6-foot-7 power forward averaged 22.6 points and 8.9 rebounds per game at Duke but is best known for his otherworldly athleticism that made him a mainstay on highlight reels across the country.

It's that kind of talent that will now have Pelicans fans so hopeful for the future despite finishing last season 33-49.

Rounding out the top three, the Memphis Grizzlies will choose second, with the New York Knicks following them.

They'll have their pick of a deep draft class which also features Williamson's Duke teammates RJ Barrett and Cam Reddish, along with Murray State's Ja Morant and Texas Tech's Jarrett Culver.

The draft will take place on Thursday, June 20, at Barclays Center in Brooklyn.

## 2019 NBA DRAFT LOTTERY RESULTS

1. PELICANS
2. GRIZZLIES
3. KNICKS
4. LAKERS
5. CAVALIERS
6. SUNS
7. BULLS
8. HAWKS
9. WIZARDS
10. HAWKS
11. T'WOLVES
12. HORNETS
13. HEAT
14. CELTICS



The Pelicans will have a first crack at drafting Zion Williamson next month. GETTY IMAGES

# ADD ANOTHER NIGHT TO KNICKS' FUTILITY

## PANTORNO'S PERCH



JOE PANTORNO  
@JoePantorno

To claim that a professional sports franchise has been blessed or doomed by luck is a ridiculous concept.

Chicago Cubs fans believed they couldn't win a World Series for over 100 years because the em-

ployees at Wrigley Field denied entrance to a billy goat.

Supporters of the Phoenix Suns think a coin toss that saw them lose out on Kareem Abdul-Jabbar at the 1969 NBA Draft is the reason why they've yet to win a title.

And then there's the New York Knicks, a franchise that just can't get anything right, continuously cursing the bad luck that has hampered the franchise for the better

part of the last 20 years.

Don't look behind the curtain that reveals James Dolan pulling on all the wrong levers, though.

Call it coincidence, call it a curse, call it luck, call it whatever you want, but the Knicks did everything they could to bring as much good mojo as possible to the NBA Draft Lottery on Tuesday night in Chicago.

Possessing the league's worst record at 17-65, the Knicks brought back Patrick Ewing — the franchise's last No. 1 pick in 1985 — to represent the team.

But that coincidental luck ensured that there was one more twist waiting for the Knicks. Even with an NBA-worst record, the Knicks didn't have the best odds to get the No. 1 pick. In fact, they were tied with the Phoenix Suns and Cleveland Cavaliers for the top spot with a 14 percent chance.

In 2018, the odds for the worst team in the league to get the No. 1 pick was at 25 percent, but the rule change was instituted to try and keep teams from completely



The Knicks missed out on the No. 1 pick of the draft. GETTY IMAGES

tanking.

Chalk it up to bad timing, I suppose.

A terrible season, one that tied a franchise record in futility for fewest wins in a year, was all worth it if the Knicks came away with the No. 1 pick, though.

Waiting for them would have been Zion Williamson, a franchise-altering talent that would change the culture of the Knicks before general manager Scott Perry prepares his assault on the free-agent market for stars like Kevin Durant, Kyrie Irving or Jimmy Butler.

That is, if the Knicks

actually wanted him.

Shams Charania of The Athletic reported on Tuesday that if the Knicks won the top pick, they would attempt to deal it to the New Orleans Pelicans for superstar center Anthony Davis.

Davis is a top 10 player in the league, which provides the Knicks with a big name to lure in that one other huge free agent for their "win-now" approach.

But there haven't been many prospects that have shown the freakish athleticism as Zion, who is more than seven years younger than Davis.

In typical Knicks fashion, though, Tuesday night provided just another chapter in their streak of bad luck. Thousands of fans watched in horror as New York's card was revealed sooner than hoped for, as they'll be picking third.

Even worse, they saw the Pelicans win the No. 1 pick. The promise of bringing Zion on could add a huge incentive for Davis to stay in New Orleans, which would throw another wrench into management's offseason plans.

A deep draft class does provide some consolation prizes. Murray State's Ja Morant could be looked upon as the point guard of the future while Duke's RJ Barrett is considered to be the most NBA-ready prospect in the Class of 2019.

It may not be enough, though, for the Knicks to pull off a trade for a superstar of Davis' caliber if Zion isn't enough to keep him down south, which means the Knicks will be entering another phase of hypotheticals with draft night a little more than a month away.

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# Giants make Remmers signing official

The New York Giants made the signing of offensive tackle Mike Remmers official on Tuesday to bolster their offensive line.

NFL Network's Ian Rapoport first reported on Saturday that Remmers and the Giants agreed to a one-year, \$2.5 million deal.

The 30-year-old will be entering his eighth NFL season with now his fifth team. He became a fixture on the lines of the Carolina Panthers under current Giants general manager Dave Gettleman and Minnesota Vikings over the last four years, starting all 59 games that he appeared in.

Normally a tackle, Remmers spent last season at guard with the Vikings. He struggled with the transition as he was given a 59.2 rating, classified as average, by Pro Football Focus.

With the Giants, Remmers will have an opportunity to return to his normal spot at right tackle where he will likely replace Chad Wheeler.

Remmers' acquisition is the second major



Mike Remmers GETTY IMAGES

move made by Gettleman to help improve the Giants' offensive line. New York picked up right guard Kevin Zeitler from the Cleveland Browns in exchange for defensive end Olivier Vernon.

It's a last-ditch effort to protect veteran quarterback Eli Manning while opening things up for reigning Offensive Rookie of the Year, Saquon Barkley.

Manning has been constantly under siege the last two years behind one of the league's

worst offensive lines. The 38-year-old is in the final year of his contract as management still believes that he still has some production left in the tank. Given his immobility, a secure offensive line will help increase the chances of that actually becoming fact.

If it isn't the case, then rookie quarterback Daniel Jones will have an opportunity to prove that Gettleman made the right choice drafting him sixth overall last month. **JOE PANTORNO**

## Ballentine reports to Giants camp

Giants sixth-round draft pick Corey Ballentine reported to the team's voluntary offseason program on Monday just weeks after being shot.

Just hours after being selected by the Giants on the morning of Apr. 28, the Washburn University cornerback was shot alongside teammate Dwane Simmons.

Simmons was killed while Ballentine was hit in the backside. He was expected to make a full recovery.

The Giants advised Ballentine to stay home and recover rather than report to rookie minicamp which spanned from May 3-5.

Ballentine did make an appearance on Thursday before reporting for team activities on Monday. ESPN's Jordan Raanan noted that the rookie only partook in classroom and



GETTY IMAGES

rehab assignments. It is unclear when he will join in on physical activities.

There will be plenty of opportunities for Ballentine to break into the side once he returns to full health.

The Giants secondary is one of the biggest

question marks heading into the 2019 season. New York selected Deandre Baker out of Georgia with the 30th pick of the draft to help bring in talent around veteran Janoris Jenkins.

**JOE PANTORNO**

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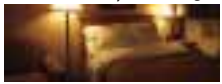
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## LEGAL NOTICES

## STATE OF MAINE PROBATE COURT CUMBERLAND, SS.

LOCATION: PORTLAND  
DOCKET NO: 2018-1608

In re: Kennedy Buzzell

Petition for Appointment of a Guardian of a Minor

ORDER FOR SERVICE BY PUBLICATION:

This notice is directed to UNKNOWN FATHER, last of New York City, Counties of Bronx, Kings, New York, Queens or Richmond, State of New York, whereabouts unknown.

This cause came to be heard on a Motion of the Petitioner whose address is: 232 Portland Road, Gray, Maine for Service by Publication on UNKNOWN FATHER.

This Motion has been submitted for the following reasons: Unable to identify and locate UNKNOWN FATHER after diligent search. Petitioner believes that UNKNOWN FATHER is most likely at the following address: New York City.

Petitioner believes the newspaper in which the notice is published is most likely to reach UNKNOWN FATHER is: METRO NEW YORK, 120 Broadway, Suite 220, New York, NY 10271 for the following reasons: last contact with UNKNOWN FATHER was in New York City.

It is hereby ORDERED that UNKNOWN FATHER appear and defend the cause and serve a response to the Petition upon Petitioner, on or before June 1, 2019. UNKNOWN FATHER is notified that if he/she shall fail to do so, the petition for Guardianship of a Minor will proceed without objection. His/Her response should also be filed with the Cumberland County Probate Court, 142 Federal Street, Portland, ME 04101.

It is FURTHER ORDERED that this Order be published in the above named newspaper of general circulation on or before May 25, 2019, once a week for two successive weeks.

Date: 05/06/2019

Paul Aranson, Judge of Probate

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Law at 43-12 50th St., Woodside,  
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## LEGAL NOTICES

**NOTICE OF FORMATION**  
of Santi Musica LLC.  
Articles of Org. filed with  
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County. SSNY is designated  
as agent of LLC upon  
whom process against it  
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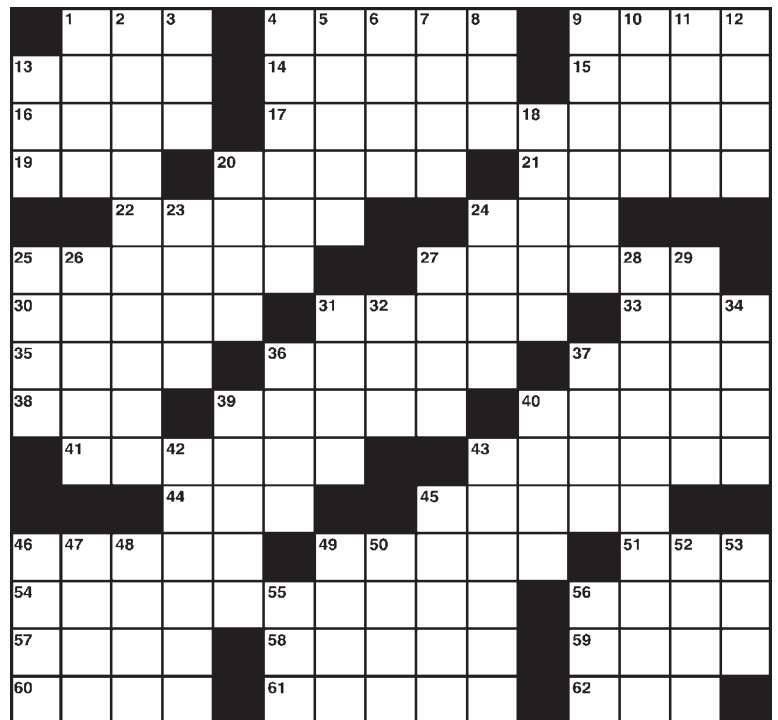
## ACROSS

1 Cook in oil  
4 Place of refuge  
9 Shoots carefully  
13 Told a whopper  
14 Locale  
15 Entreaty  
16 Rainbows  
17 Tropical fruits  
19 TV crime drama series  
20 Changed addresses  
21 Relaxes  
22 \_\_\_ out; get rid of gradually  
24 Actress Sara  
25 Evergreen tree  
27 Pandemonium  
30 Numbered golf clubs  
31 Digger's tool  
33 Depressed  
35 Promise's partner, in phrase  
36 Hit the \_\_\_; begin a rapid decline  
37 Azure or navy

38 British custom  
39 Ill-will  
40 Verse writers  
41 Zigzag skiing  
43 Instructed  
44 Floor pad  
45 Island nation near Sicily  
46 Frequently  
49 Steeple  
51 Kids' running game  
54 Sin  
56 \_\_\_ one's time; wait  
57 Social misfit  
58 Small weight  
59 Leak out  
60 Candy store chain series  
61 Say hello to  
62 Afternoon hour

## DOWN

1 Forest trees  
2 Like a give-and-take relationship  
3 Linear measures: abbr.  
4 Fight against  
5 Still breathing  
6 Not bananas  
7 Frosted  
8 Black or Baltic  
9 Request a second trial  
10 Misfortunes  
11 Encounter  
12 Disrespectful talk  
13 Fond du \_\_\_, WI  
18 Arrogance  
20 Apple computers  
23 Handsome young man  
24 Pharmacy orders, for short  
25 Sandy grit  
26 Asks nosy questions  
27 Commanded  
28 Unproven charge  
29 Canker sore site  
31 \_\_\_ milk; nonfat drink  
32 Hole in the ground  
34 Word before Virginia  
36 Blemish  
37 Boxing match  
39 Street talk  
40 Ashen  
42 Make \_\_\_; atone  
43 Dartboard  
45 Chop finely  
46 Possesses  
47 Complimentary  
48 \_\_\_ up; shredded  
49 Like lemons  
50 Yearn  
52 Tool with a blade  
53 Word of mild surprise  
55 Greyhound, e.g.  
56 Word that startles

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## metro.us/wordsearch



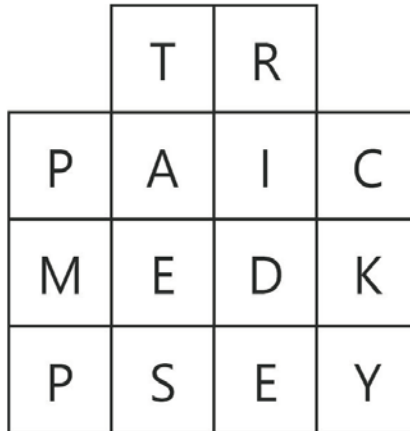
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Brown  
Chandler  
Dragon  
Ghidorah

Godzilla  
King  
Kyle  
Lizard  
Millie

Monarch  
Monsters  
Mothra  
Rodan  
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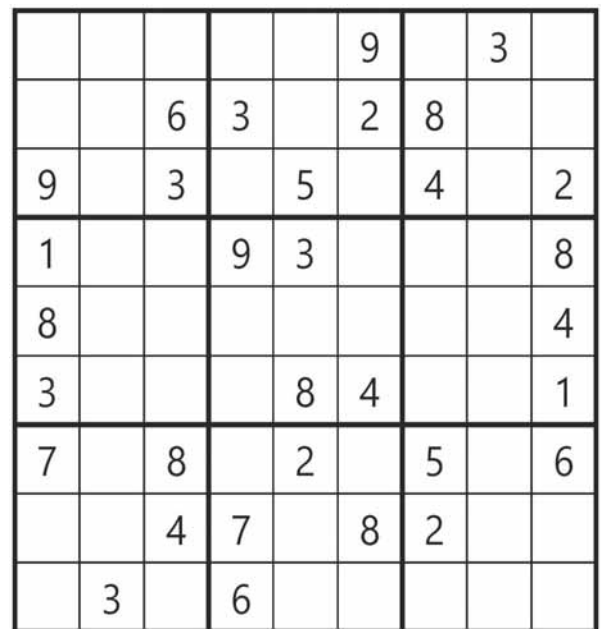
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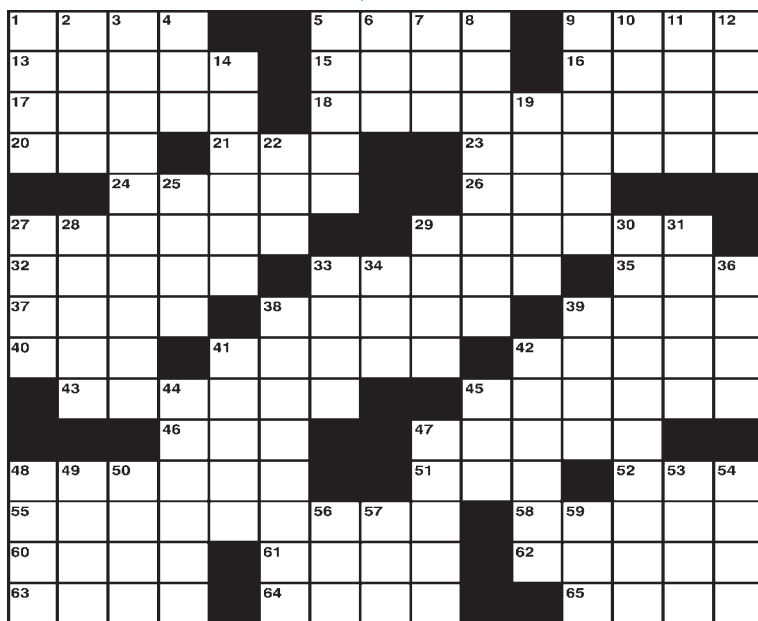
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## ACROSS

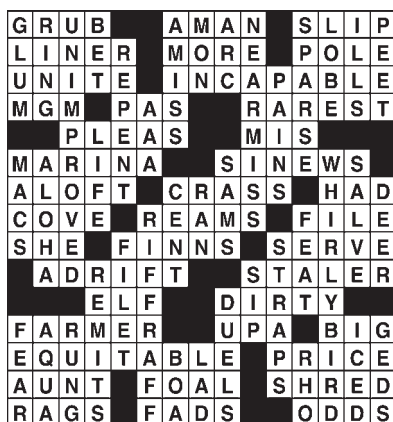
1 Expanse of grass  
5 Make a tiny cut  
9 Make a mess at table  
13 Church volunteer  
15 Barcelona bull  
16 Bee's home  
17 Reprimand  
18 Conquers  
20 "Oui"  
21 Actor Kilmer  
23 Hooky player  
24 TV's "The \_\_\_ Is Right"  
26 In a \_\_\_; mired by routine  
27 Make happy  
29 Shakespeare's "Julius \_\_\_"  
32 Uncanny  
33 Ruin  
35 However  
37 Enthusiastic  
38 To the \_\_\_; relevant  
39 "\_\_\_ springs eternal"  
40 Baseball's Griffey Jr.  
41 Burn the edges of  
42 Johnny Cash's "A Boy Sue"  
43 New Year's Eve drink

## DOWN

14 Films  
46 \_\_\_ amok; lost control  
47 Expand  
48 Get away  
51 Bizarre  
52 Pacino & Roker  
55 Mentor  
58 Part of the arm  
60 Brass instrument  
61 Skating venue  
62 Actress Burke  
63 "For Your Eyes \_\_\_"; 007 movie  
64 Bodies of water  
65 Quiz  
1 Ricky Ricardo's wife  
2 Arthur with a racket  
3 Speaking very softly  
4 TV's "\_\_\_ and Stacey"  
5 Walked off with  
6 Fall month: abbr.  
7 Wrath  
8 "Mona Lisa" or "Whistler's Mother"  
9 Hollers  
10 Peru's capital  
11 Kiln  
12 Nuisance

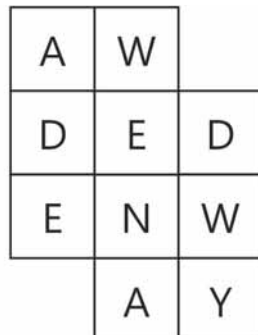
14 Edit; modify  
19 Inhumane  
22 Biggest diamond  
25 Sudden attack  
27 Mountaintop  
28 Water barrier  
29 Scoop holder  
30 Horrid  
31 India's dollar  
33 Melody  
34 Farm animal  
36 Allen & Cruz  
38 Covered wagon drivers  
39 \_\_\_-nots; indigent folks  
41 Button alternatives  
42 \_\_\_ off; dozed  
44 Mom's mom  
45 Prefix for night or section  
47 Toils  
48 Resound  
49 In just a bit  
50 Ringle  
53 Plenty  
54 Hit  
56 Recline  
57 \_\_\_ whim; impulsively  
59 "\_\_\_ It Be"; Beatles hit

## Yesterday's Answers



## wander words

Category: Athlete



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.



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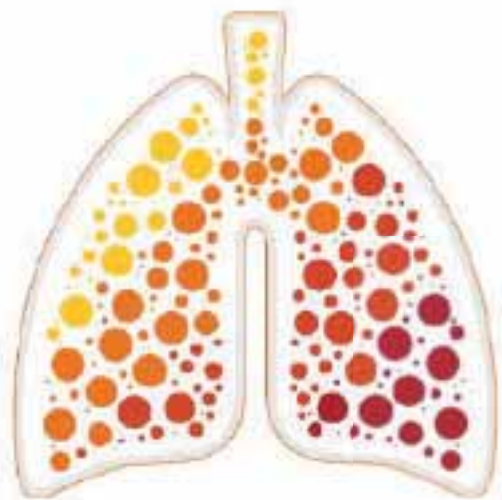
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